



# Washington Weekly



**13<sup>TH</sup> CONGRESSIONAL DISTRICT  
OF MICHIGAN**

*U.S. Congresswoman*  
**CAROLYN CHEEKS  
KILPATRICK**

*This E-Newsletter is a weekly summary of the events taking place in the United States Congress that affect the State of Michigan and primarily Michigan's 13th Congressional District.*

## Legislative Action From the Week Of 2/21/06

- Congress out of session for President's Day Recess.

## News You Can Use

- National Eating Disorders Awareness Week

## This Month Is

- National Children's Dental Health Month

**Official Statements  
from Congresswoman  
Kilpatrick**

## Hill Highlights

### Congresswoman Kilpatrick Participates in Congressional Delegation to Rome, Italy and Africa

Congresswoman Kilpatrick joined 10 other Members of Congress in visiting Rome, Italy and five countries in Africa. The week-long trip, led by House Democratic Leader Nancy Pelosi, included visits to Rome, South Africa, Ghana, Liberia, and Sudan.

The Members monitored agriculture programs and world hunger during their visit to Rome. The Members met with Heads of State in South Africa, Ghana, and Liberia and reviewed education and health programs, including HIV, that are funded by the federal government. The delegation also visited Khartoum and Darfur in Sudan to examine the human rights violations.

The goal of the mission was to monitor and evaluate the management of federal dollars and the effectiveness of federal programs. Congresswoman Kilpatrick is a member of the Appropriations Foreign Operations Subcommittee that allocates funds for international programs.

## News You Can Use

### National Eating Disorders Awareness Week

National Eating Disorders Awareness Week (NEDAW) is February 26 through March 4. Now in its nineteenth year, NEDAW is the nation's largest eating disorders outreach effort. Its purpose is to teach people of all ages about the importance of promoting positive body image and to raise awareness about the dangers of eating disorders and the need for early intervention and treatment. This year's theme, "Be Comfortable in Your Genes," highlights the fact that biological factors such as genetics influence body size and shape. For more information, visit the NEDAW

Congressional  
Delegation to Rome,  
Italy and Africa

Bush's new budget is  
unfair to American  
families

### Helpful Resources

Directory of  
Homeownership  
Assistance in the Detroit  
Area **Printable booklet of  
homeownership resources.**

Medicare's New  
Prescription Drug Plans  
**Printable handout with  
important facts to help you  
understand the program.**

Energy Saving  
**Brief compilation of tips  
and tricks to help your  
energy efficiency in both  
your home and on the road.**

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HOME PAGE

Web site at [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) or call the information and referral line at (800) 931-2237.

## *This Month Is...*

### National Children's Dental Health Month

February is National Children's Dental Health Month. This year's slogan is "A Healthy Smile is Something to Cheer!" The American Dental Association (ADA) offers the following tips to prevent cavities and teach your children the importance of oral hygiene:

- Clean baby's gums with a clean, wet gauze pad or washcloth after each feeding. When teeth develop, brush them with a child's size toothbrush and plain water. Begin flossing when at least two teeth begin to touch.
- Brush the teeth of children between the ages of two and seven twice a day with a child's size toothbrush and a pea-sized amount of fluoride toothpaste. Assist with flossing as needed.
- Do not allow children to swallow toothpaste.
- Look for toothbrushes and toothpastes that carry the ADA Seal of Acceptance. They have been evaluated by the ADA for safety and effectiveness.
- Provide supervision for children until they are about 10 or 11 to make sure they are brushing and flossing thoroughly.
- Visit the dentist regularly for professional cleanings and oral exams.
- Ask the dentist about dental sealants, a protective plastic coating that can be applied to the chewing surfaces of the back teeth where decay often starts.
- Help your children make nutritious food and beverage choices.

For more tips, or to learn about programs and resources, visit the ADA's Web site at [www.ada.org](http://www.ada.org).

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